

USDA National Nutrient Database for Standard Reference Release 28

Statistics Report 35154, Salmonberries, raw (Alaska Native)

Report Date: December 05, 2015 15:02 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	88.21	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Energy	kcal	47	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	195	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	0.85	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Total lipid (fat) ¹	g	0.33	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Ash ¹	g	0.56	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carbohydrate, by difference	g	10.05	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary	g	1.9	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sugars, total	g	3.66	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 1	g	0.02	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Glucose (dextrose) 1	g	1.90	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Fructose 1	g	1.75	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Lactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Maltose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Galactose 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Starch 1	g	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Minerals													
Calcium, Ca 1	mg	13	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Iron, Fe 1	mg	0.40	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Magnesium, Mg 1	mg	15	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

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Phosphorus, P 1	mg	27	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Potassium, K 1	mg	110	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Sodium, Na 1	mg	14	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Zinc, Zn 1	mg	0.28	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Copper, Cu 1	mg	0.030	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Manganese, Mn 1	mg	1.100	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamins													
Vitamin C, total ascorbic acid 1	mg	9.2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Thiamin 1	mg	0.041	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Riboflavin 1	mg	0.062	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Niacin 1	mg	0.466	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.167	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-6 1	mg	0.078	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, total 1	μg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2006
Folate, food 1	μg	17	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	μg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Vitamin A, RAE	μg	50	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Carotene, beta 1	μg	277	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Carotene, alpha 1	μg	41	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Cryptoxanthin, beta 1	μg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin A, IU	IU	496	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lycopene ¹	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin E (alpha-tocopherol) ¹	mg	1.61	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, beta ¹	mg	0.06	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, gamma ¹	mg	0.37	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Tocopherol, delta ¹	mg	0.09	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin K (phylloquinone) ¹	µg	14.8	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2006

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8k, 2004 Beltsville MD